

# 4. Siblings

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# About the second edition...

This booklet is one of a series of “Fact Packs” that were developed by The Kids’ Team at South West Brain Injury Rehabilitation Service (SWBIRS) in Albury over many years. The creation of the second edition of Fact Packs is intended to provide updated content designed to enhance the clinical usefulness of these resources.

Our aim was to collate some practical, user friendly material that has been found to assist families and educators in our work and in the research literature. We hope that we have developed a set of resource booklets containing a range of referenced, user friendly strategies and ideas relating to common issues that arise after an acquired brain injury (ABI). Introducing any new ideas or strategies will take time, patience and persistence. The advice from countless parents and siblings would be “hang in there.”

It is intended that the Fact Packs will be used in conjunction with service provision by The Kids’ Team or other ABI health professionals.

Some of the material included has been adapted from textbooks. Some has been developed by team members and much has been developed by the educators, rehabilitation workers and families supporting the children we see.

Wherever possible, we have obtained permission to use the resources included in the book. Please advise us if we have left something out!

To keep our material clear, we have used “he” to refer to the child with ABI throughout the Fact Packs. This reflects real life for us, too, as the majority of the children with whom we work are boys!

We extend thanks to the NSW Department of Health who provided the initial funding for this project. Without this funding, the development of the Fact Packs would have been an idea that remained trapped in the minds of several enthusiastic but busy ABI workers. Finally, we are very grateful to all the Kids’ Team members past and present, in addition to all the parents, teachers, school counsellors, students, therapists and ABI workers whose wisdom, energy, creativity and support has contributed to the development of these resources.

The eight Fact Packs in this series include:

- ◆ Achieving Goals
- ◆ Behaviour
- ◆ Especially for Parents
- ◆ Heads Up on Brain Injury
- ◆ Choosing a School
- ◆ Siblings
- ◆ Study Skills
- ◆ Teachers and Aides

We hope you find the Fact Packs useful. If you have ideas, resources, or material that could be included in future editions, please let us know!

**The Kids’ Team, SWBIRS**

# Dear sibling,

If you are reading this Fact Pack you probably have a brother or sister who has had a brain injury. Your brother or sister might have had a car accident, or fallen off their bike, and hurt their head. They might have had a stroke or a serious seizure (we will explain what this means a little later). When this happens, doctors say they have sustained a “brain injury.” This means that they have hurt the part of our body that is the control room, which directs all the things we do: thinking, feeling, talking and moving.

When something like this happens it can be really confusing and scary. Life can seem to change “overnight”. There may be things happening that you don’t understand. You might not know who to talk to or what to do.

When someone in the family has a brain injury, it can be hard for all the members of the family, not just the one who has hurt their brain. It can be scary seeing family members get hurt. Lots of things can change for you and your family. Everyone can seem so busy that they don’t have the time to help you understand what’s going on. You have probably felt lots of different feelings about your brother or sister and what has happened. You may not know what to expect. It can be a pretty confusing time and you probably have lots of questions.

This Fact Pack was written to help you understand:

- ◆ What a brain injury is
- ◆ That your feelings are completely normal!
- ◆ Changes might happen in your family

Some of the information in this Fact Pack may seem more relevant if your brother or sister has had a more severe brain injury. For example, there is a special section on what it might be like if your brother or sister had to stay in hospital, and what to expect after they return home. If your brother or sister had a milder injury, they may not have spent much time in hospital. Regardless of the severity of your brother or sister’s brain injury, you may still notice changes that can impact you and your whole family.

This Fact Pack was designed for siblings of all ages. It includes some direct statements from siblings we have worked with. You can read it by yourself or have an adult read it with you. Sometimes it might seem a little easy or a little hard to understand. If you are having any trouble, please talk to someone, like your Mum or Dad, or even one of the therapists working with your brother or sister. They might be able to help you go through this booklet or direct you to other sources of information and support to help.

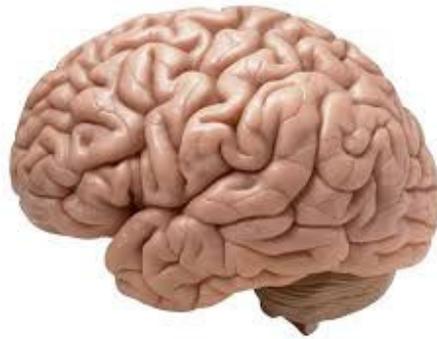
It’s important to remember that things get easier with time. Try to think positively, remain hopeful, and look after yourself.

Good luck!

## The kids’ team

South West Brain Injury Rehabilitation Service

# What is a brain injury?



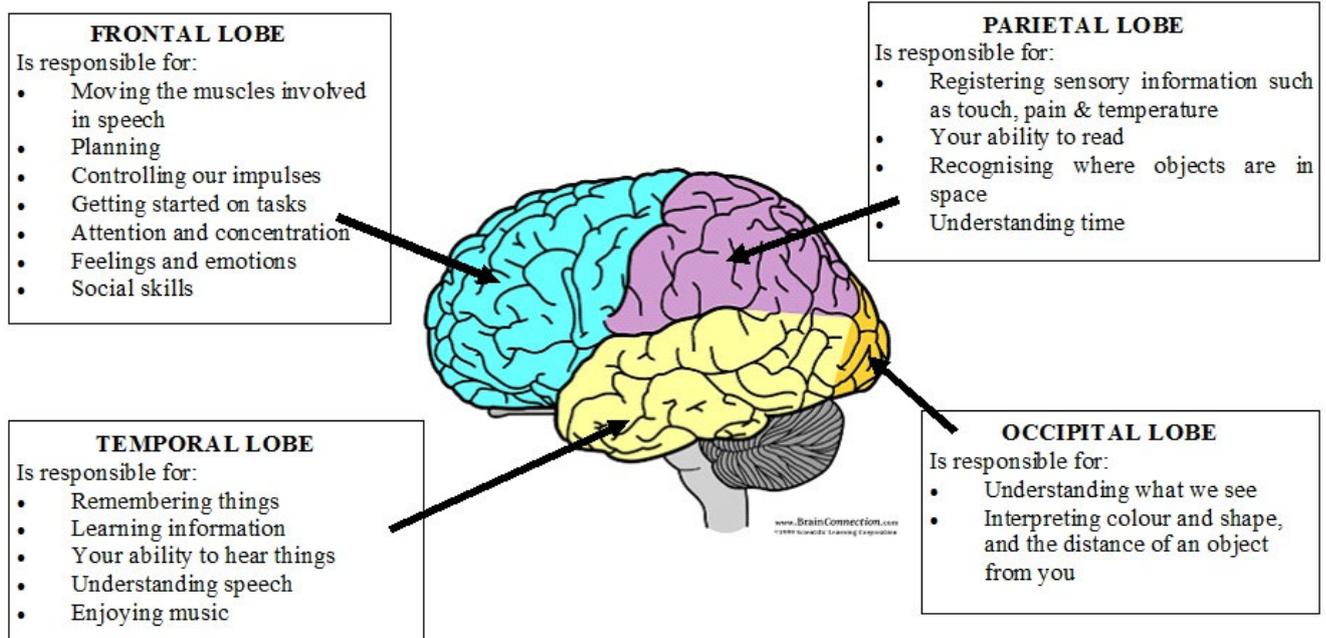
The brain is like a control room; it directs almost all the things that you do: thinking, feeling, talking and moving. Different parts of the brain control all the different things that happen in your body.

A simple way to think about the brain is that there are different parts (called lobes) that look after different things. The diagram below shows the different lobes and what they do.

Your brain lives inside your skull. The hard bony skull provides the brain protection. In real life, your brain is a pinkish grey colour and although it looks a lot like a large wrinkly walnut, its texture is like soft butter. This means it is really easy to damage.

Our brains are very delicate and they can get hurt. What happens to a person when their brain is hurt depends on where and how much their brain has been hurt.

## Where are these lobes and what do they do?



After people have a brain injury they may:

- ◆ Have difficulty walking properly
- ◆ Not be able to talk properly or may shout when they don't mean to
- ◆ Have difficulty remembering things (like what you did yesterday or what you asked them to do)
- ◆ Get tired more easily and so may not be able to play and spend time with you for as long as they did before
- ◆ Take longer to do things than they did before

People can hurt their brains in different ways. It can be hurt in an **accident**, like crashing a car, or falling off a bike, or from hitting your head on the ground after a tackle in football. The brain is hurt when it is pushed against the skull and shaken about. This can make the brain swell, bruise or bleed. Unfortunately, the brain can't always heal itself, and the parts that get hurt may no longer work properly.

Another way people can hurt their brains is if they have a **stroke**. This happens when one of the tubes carrying blood through the brain is broken or blocked. The parts of the brain that needed the blood are hurt and can no longer do their jobs properly.

Sometimes people's brains get hurt because a **tumour** grows in or around their brain, which takes up space in their head and stops the brain from working properly. Or sometimes people can have a serious **seizure**,

which is when sudden uncontrolled bursts of electrical activity disrupt the normal way the brain works. People's thoughts, feelings or movements can become confused or uncontrolled for a while. If this happens for a long time, then the person's brain may be injured and they will have had a brain injury.

When a part of the brain is hurt, the other parts of the brain have to try and learn to do all of the things that the hurt part used to do – and this can be really hard! This is one of the reasons why sometimes it takes a person a long time to get better from a brain injury. It is not like when you break your arm or have the flu and you get better pretty quickly. But a brain injury is not like chicken pox or a disease; you can't catch it just by being around someone.

Check out this really great website <http://faculty.washington.edu/chudler/introb.html> to find out more information about the brain and how it works. There are lots of games and interactive activities.

### Key message

If you don't understand what has happened to your brother or sister it will seem even more frightening. Make sure you ask if you have any questions. You can ask your parents. The people that work with your brother or sister would be happy to talk to you too.

# Hospital and rehabilitation

When your sibling was hurt, they might have been in hospital. Hospital was probably a pretty scary and frightening place sometimes, with lots of people rushing about and machines making strange noises. You may have been quite stressed about what was happening. You might also have felt that no one was telling you what was happening.

After your sibling left hospital they might not have gone straight home. They might have gone to another place for rehabilitation. Rehabilitation helps people who have had a brain injury get back the skills they used to have before they got hurt with help from a team of therapists.

It may have been hard when you were expecting your sibling to come home and they didn't. You might have missed having them around and wanted them to come home. Then, when they did, things might have been different.

Rehabilitation usually starts in hospital, as soon as the person with the brain injury is well enough. There might have been lots of people involved in helping your sibling to make the best possible recovery. The team working with your sibling may have included:

- ◆ **Doctors and Nurses** – look after any medical issues
- ◆ **Physiotherapist** – helps your sibling if they have any difficulties with physical movements and

activities like balancing, walking, and going up/down stairs

- ◆ **Speech Pathologist** – helps if there are any issues with swallowing, talking clearly, saying things that make sense, or understanding what other people say
- ◆ **Occupational Therapist** – helps if there are any issues with doing everyday activities, such as getting dressed, showering, and eating
- ◆ **Psychologist** – looks at how the brain injury has affected the way your sibling behaves, thinks, and feels
- ◆ **Social Worker** – gives information and support about brain injury, and links them in with other services that can help outside of hospital
- ◆ **Rehabilitation Coordinator / Case Manager** – coordinates all the different people involved to help your sibling achieve their rehabilitation goals

You can find out more about the rehabilitation team by reading the ***Heads Up On Brain Injury*** Fact Pack.

After leaving hospital, your brother or sister may have to see some of these people to help them get back to school. For some people, rehabilitation only lasts for a short time. For other people, rehabilitation can continue for a much longer time. If you want to get involved, just ask. It may be possible for you to help in some way. If you don't want to, that's ok too!

# Coming home

When your brother or sister came home, you may have noticed that they acted differently to the way they used to. They might have looked the same but not acted the same.

You may have noticed your brother or sister:

- ◆ Gets tired a lot – they might need to sleep more and may not have the energy to play with you like they did before
- ◆ Can be cranky – they may snap at you for no reason
- ◆ Has trouble concentrating on things like TV or books
- ◆ Has trouble remembering things – they might forget things you have told them or things they have done
- ◆ Takes longer to do things or think things through
- ◆ Talks differently – they may have trouble saying certain words or sound different
- ◆ Has physical changes – parts of their body like their arms and legs may not work as well as they did before

Lots of kids say that when their brother or sister came home, there were changes in other members of the family too.

For example, your Mum and Dad might:

- ◆ Be sad or may cry a lot
- ◆ Be more stressed
- ◆ Be tired and not sleep very well

- ◆ Snap at you more, without meaning to
- ◆ Yell at each other
- ◆ Pay you less attention because they may pay more attention to your injured brother or sister
- ◆ Have less time just for you

It's important to remember that all these things are happening because they are worried about your brother or sister. They won't always act this way and they are not doing it because of something you have or haven't done.

## Real Life

*"When Jane came home from rehabilitation, everything was really different for a while. Mum and Dad were really worried all the time and they didn't spend as much time with me. But I knew that it wouldn't last, they just wanted to help Jane."*

– Peter

It can be difficult seeing your parents upset and distressed. If you are worried about your parents, talk to a close relative, a friend or someone at school.

Some siblings find that things are a bit different when their brother or sister comes home. They find that they need to:

- ◆ Help out more at home
- ◆ Help their brother or sister to do things they're finding difficult
- ◆ Take on more responsibility (e.g., look after younger siblings)
- ◆ Cope with other people's reactions to changes in the way their brother or sister looks or talks or acts

# Feelings

With all these changes, lots of kids say they have many different feelings about their brother or sister after the brain injury. You might feel scared, angry, and worried. It's a good thing to remember that it's ok to have these feelings! All of these different feelings are normal – you are not alone in feeling and thinking this way. It can be helpful to talk to someone about your feelings, like your mum or dad, or someone else in your family, a teacher or a friend.

You may feel any of the following:

## Scared

Sometimes you may feel scared. You might worry about whether your brother or sister will be okay. Some kids are scared that they won't be able to talk to their brother or sister the way they used to. It's important to remember that even with a brain injury, your brother (or sister) is still your brother (or sister), and basically they are the same person they always were, they might just need some extra help to do things.

### Real Life

*“When my sister Lisa was ready to come home from hospital I was really scared. What if she was like a different person? I soon realised that she wasn't a different person, she was my sister, Lisa.”*

– Tracey

## Confused

Often it can be really confusing understanding what's happened to your brother or sister. Often talking to an adult about it can help. They may be able to answer your questions or find out answers for you. Sometimes kids can be confused about what they should do or if they should help.

### Real Life

*“When Damien came home I felt like I was in the way. Mum and Dad seemed so busy and I wanted to help, but I didn't know what to do.”*

– Kelly

## Sad

When someone is sick or hurt, a lot of people feel sad - even grown-ups. Lots of kids feel really sad when their brother or sister suffers a brain injury. You probably feel like crying a lot, and that's okay. It's good to cry when you are sad. When you try to keep these feelings inside sometimes it can make you feel worse. It is a good idea to tell someone that you are feeling sad or down.

## Angry

You may feel angry that your brother or sister got a head injury. You may think, “Why can't I have a normal family like everyone else?” or “I never asked for a brother with a head injury!” You might feel angry with the doctors

for not completely 'fixing' your brother or sister, or because they didn't explain what happened to your brother or sister properly. You might feel angry with your parents because they don't seem to have time for you. You might even feel angry at your brother or sister for getting hurt, or for acting differently. You might think, "Why can't they be normal, or the way they used to be?" It's important to remember that it's okay to feel angry sometimes, it's all part of coming to terms with what has happened. Just make sure that you don't bottle it all up, because then you might take it out on the wrong person, and say things you don't mean.

### Real Life

*"When Aaron came home everyone made such a fuss. I felt like I was invisible. At the same time I was angry that he had got hurt - why my brother? I just wanted my old brother back."*

– Jessica

## Guilty

Many kids feel guilty at times. You may feel that you caused your brother or sister's brain injury. It's important to remember that your brother or sister's brain injury IS NOT YOUR FAULT. Some kids feel guilty because their brother or sister got hurt and they didn't. You may also feel guilty if you wish they weren't a part of your life. Often kids feel guilty for thinking angry thoughts about their brother or sister.

You might think to yourself "How can I be angry with him, it's not his fault, I must be a terrible person."

### Real Life

*"I used to feel really bad sometimes. How come my brother got hurt but I was okay?"*

– James

## Embarrassed

You may feel embarrassed about having a brother or sister with a brain injury. You may say to yourself "If my friends know that my brother or sister acts different sometimes, they may not want to be around me anymore." You may even stop inviting your friends over to your house after school or on weekends just in case your brother or sister does something or acts a bit weird.

### Real Life

*"I was embarrassed to bring friends home. Sometimes they would ask me 'why?' I would try to make up an excuse. Sometimes if I knew my sister wouldn't be home I'd invite a friend over. Then I'd feel really bad."*

– Simon

## Jealous

You may feel jealous of the attention your brother or sister gets. They may get more attention from your parents, family, doctors and people from school. Sometimes all this activity around your brother or sister can make you feel left out, or not as important.

### Real Life

*"I remember watching Mum and Dad hugging Ben and thinking, "Do they love Ben more than me now?" Now I know that Mum and Dad love us equally, Ben just needed extra cuddles then because he was sick."*

– Richard

## Worried

Some kids worry a lot about their brother or sister because of the changes. They worry about whether they'll ever get better, about how they'll cope at school and whether they'll get teased. Some kids worry about what will happen to their brother or sister when they grow up. Because they are worried some kids think they need to look after and help their brother or sister all the time. It's natural to worry about the people you love but it's important that you look after yourself too. It's also very important to let your brother or sister try to do things for themselves.

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# What should I do or say at home?

Some siblings want to help and be more involved after their brother or sister gets injured. Some siblings say they feel more included by being kept in the loop of communication, or by helping out with their brother or sister's therapy. Or, you might have noticed that your Mum or Dad have a lot on their plate, and so you want to help out more around the house. There are probably things you are doing already at home that are a big help to your family. Here are some extra ideas but feel free to come up with more of your own!

- ◆ One way you can help is by doing an extra job or two around the house.
- ◆ If your brother or sister is tired, you could help by maybe playing outside (instead of making noise inside) while he or she naps. You shouldn't have to change your life completely, but you might have to make a change or two.
- ◆ Another way you can help could be to help your brother or sister with their therapy homework. There might be some games you can play or ways you can help your brother or sister to remember

things. Doing this allows you to be included. It might help you to understand the things that are difficult for your brother or sister and why your parents sometimes treat them differently. Your brother or sister might find that doing some things with you is much more fun than doing some things with your parents – and who knows, you might have fun too!

If you would like to help, ask your parents or the people that work with your brother or sister. They might not have thought about it before so you would be giving them a good idea! Make sure that you still do lots of fun 'kids' stuff though!

## How should I act around my brother or sister?

After your brother or sister has had an injury, it can sometimes make you worried about how you should act around them.

There's no need to act any differently when you're around your brother or sister. Our advice is to treat them the same, and act the way you did before their injury. Also, it's important to always ask them if they would like help, rather than assume they need it.

**Are there any questions you want to ask your brother or sister?**

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**What should you say to your parents?**

Even if your brother or sister seems to get more attention than you sometimes, your family DO care a great deal for you, just as much as your brother or sister with a brain injury.

If you feel that your parents are ignoring you, try telling them how you feel. If it's hard for you to tell your parents how you feel, try writing a letter or practicing with a good friend. Some people like to practice in front of a mirror. Tell your parents you

understand that your brother or sister needs a lot of their time but remind them that there are times when you need attention too. Tell them that you would like to spend some special time together, and do things you both enjoy. When you're done, let them know how good it feels to know that they are there for you when you really need them.

- ◆ Ask your parents to spend some special one-on-one time just with you
- ◆ If you aren't sure about something to do with the injury, ask your parents to explain why your brother or sister is having difficulty. Make sure that they are using words that you can understand.
- ◆ Tell your parents or teacher if you are being teased or bullied at school, or if you are struggling with your schoolwork so that they can make sure you have the support you need at school, particularly when your brother or sister is first injured.
- ◆ When someone from the brain injury rehabilitation service visits to help your brother or sister, ask if there is someone who can support brothers and sisters

On the following page is a space where you can write down or draw a list of things you might have questions about.

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# Questions I want to ask

When someone gets sick or hurt, you often have lots of questions but people seem too busy to talk to you.

You can write down or draw a list of things that you want to know more about in the space below. Then give this list to someone, like your mum or dad, to read through with you.

Some things I would like to know more about...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

# What should I say to my friends?

Friends are important but sometimes it can be hard for your friends to understand what has happened to your brother or sister after their brain injury. They will probably ask you what happened. Sometimes they might make fun of your sibling because they are 'different', or maybe you might not want to invite your friends over in case your sibling does something to embarrass you.

It might help to come up with a way to explain what has happened to your brother or sister. You could ask your parents or teacher about what to say to friends about your brother or sister's brain injury. Or maybe you might want to show your friends this Fact Pack to help explain things to them.

For example, you might want to tell your friends that a brain injury means your brother or sister has hurt their brain, like you can hurt your arm or your leg. The difference is when you hurt your leg, you can't walk as well. When you hurt your brain, you can't think as well. It also takes a lot longer to get better after a brain injury than it does a leg injury.

It's important to remember though that you don't have to say anything unless you want to.

## Dealing with teasing

If your friends make fun of your brother or sister, don't join in with them just to be part of the crowd – this is likely to only make you feel guilty later! Instead, let them know that it makes you feel uncomfortable, sad or angry when they make fun of your brother or sister. For example, you might say something like "It makes me upset when you make fun of my sister. Yeah she has a brain injury, but she's still my sister, and I don't like it when you say those things".

Most friends should stop teasing when you ask them – they might not even have realised that what they were saying was bothering you! If your friends keep saying mean things, then maybe it's time to look for some new friends – after all, good friends should listen to you and not want to hurt your feelings.

## Having friends over

Some siblings get worried about inviting friends over because of how their brother or sister might act. One way to deal with this problem is to give your friends the 'heads up' and explain about your brother or sister's brain injury *before* your friends come over. For example: "Just so you know, my brother got a brain injury after falling off his bike, and now he sometimes does or says things without thinking. But he still has a really good sense of humour!"

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*Information sourced from: Living with a brother or sister with special needs: A book for siblings (2014).*

# Looking after you

When you go through difficult times, there are lots of things that can help you get through it.

Lots of kids say it helps for them to have 'me' time. That's time just for you doing things you enjoy, whether it be playing your favourite sport, playing your Xbox or Wii, getting a part time job, cuddling your pet, riding your bike, going for a swim or listening to music.

Other things that can help:

- ◆ Talking with people about how you are feeling, whether it is your friends, your mum or dad, your teacher or even your pet!
- ◆ Writing down your thoughts on paper or keeping a diary can make you feel a whole lot better. If you don't like writing, you can draw your thoughts.
- ◆ Seeing a counsellor who might help you to understand the feelings that you have and to find ways to cope. This might be the counsellor at school or you could talk to the therapists working with your sibling about another counsellor you could see.
- ◆ It's OK to be happy, to laugh and to have fun. It is really important when you have sad times that you also have some fun.
- ◆ Maybe when you think about the person who is sick or hurt you remember a time when you have had fun together or maybe you can have some fun with one of your friends.

- ◆ It can help to talk to other kids who have a brother or sister with a brain injury. They probably think some of the same things as you. You could ask one of the therapists working with your sibling about local sibling support groups. There are also sibling support networks online for kids to share their experiences with other kids who have brothers and sisters with disabilities.

You might like to visit the following website:

[www.siblingsaustralia.org.au](http://www.siblingsaustralia.org.au).

Or you could check out some other websites for siblings listed in the Resources section at the back of this Fact Pack.

- ◆ Some ways that you can try to deal with your feelings could include:
  - Talking to someone (e.g., your mum or dad) about how you feel
  - Screaming into your pillow
  - Breathing deeply in and out until you feel calm again
  - Talking to a friend you can trust
  - Going for a walk or run or doing some sport/exercise
  - Counting to 10
  - Getting or giving a hug
  - Drawing a picture of your anger
  - Writing in a journal
  - Playing a computer or video game
  - Singing along to your favourite song

# My list of fun things to do

What are your favourite things to do? List them here, when you are feeling angry or worried or sad, pick one or two of them to do to make you feel better.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

# It's not all bad!

It can be hard sometimes growing up with a brother or sister who has a brain injury but many siblings say that their brother or sister's injury provided them with the opportunity for personal growth and many positive experiences too. For example:

- ◆ Being able to cope with difficult situations teaches you important coping skills you might not otherwise have learnt
- ◆ You might realise that you are a stronger person than you think!
- ◆ You can become more understanding of what it's like to live with a disability
- ◆ You can become more tolerant of differences between people
- ◆ You can become more understanding about kids who are 'different'
- ◆ You'll learn how to talk to kids who are different and how to play with them
- ◆ You might be able to teach your friends, or even adults, about ways to help people with disabilities
- ◆ You can learn to be more patient and more independent
- ◆ You can feel more responsible and mature

Some kids feel very proud when their brother or sister learns to do something new because they know how difficult it can be to do things when you have had a brain injury. They can also feel proud of themselves because they have had a difficult time but they are hanging in there and growing too.

It can be a pain to have to do extra jobs because Mum and Dad need to spend time with your brother or sister. However, it might mean that you are given extra opportunities that your friends are not because your parents and teachers can see how mature and helpful you have been.

## Key message

It is important to remember that things will get easier with time. And even though your brother or sister might speak differently or act differently, they are still the same person. You can love them and have fun with them because you know them the best!

# Useful resources

There are not many books or websites that are specifically for siblings of children who have had a *brain injury*, but there are heaps for siblings of children with a range of disabilities. You will find when you read these that these kids feel and think some of the same things as you.

## WEBSITES

**Masters in Psychology.** <http://mastersinpsychologyguide.com/articles/kids-guide-to-the-brain>

*A kid's guide to the brain.*

**Neuroscience for kids.** [www.faculty.washington.edu/chudler/neurok.html](http://www.faculty.washington.edu/chudler/neurok.html)

*This is a terrific site designed for students and teachers who would like to learn about the nervous system. There are lots of games and interactive activities. It could be helpful for siblings trying to understand what has happened.*

**Queensland Health: Acquired Brain Injury Outreach Service.**

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0026/438344/sf\\_sibling\\_abi.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0026/438344/sf_sibling_abi.pdf)

*Fact sheet for anyone with a brother or sister with an acquired brain injury.*

**Siblings Australia.** [www.siblingsaustralia.org.au](http://www.siblingsaustralia.org.au)

*An Australian-based website for support for siblings with a disability.*

**Synapse.** <http://synapse.org.au/>

*Synapse (formerly Brain Injury Association of Queensland Inc.) is a nation-wide association that aims to reconnect the lives of those affected by brain disorders.*

**Young Sibs.** [www.youngsibs.org.uk/](http://www.youngsibs.org.uk/)

*A UK-based website for brothers or sisters of children with a disability.*

## BOOKS / ARTICLES

Meyer, D. & Vadasy, P. (2014). *Living with a brother or sister with special needs: a book for siblings.* (2<sup>nd</sup> ed.). Seattle: University of Washington Press.

Meyer, D. (Ed.). (1997). *Views from our shoes: growing up with a brother or sister with special needs.* Bethesda, USA: Woodbine House.

Meyer, D. (Ed.). (2005). *The sibling slam Book: What it's really like to have a brother or sister with special needs.* Bethesda, USA: Woodbine House.

Taylor, L.A., & Kreutzer, J.S. (2003). *For kids only: A kid's guide to brain injury.* Virginia: National Research Center on Traumatic Brain Injury.

*Written for children ages 6 to 14 whose family member or friend has been injured, this book encourages discussion about life after brain injury including understanding what has happened, how to cope, and how to help.*

# Paediatric brain injury services in NSW

<b>Inpatient Services</b>	<b>Phone</b>	<b>Address</b>
Sydney Children's Hospital Network - Westmead	(02) 9845 2132	Cnr Hawkesbury Road & Hainsworth Street Westmead NSW 2145
Rehab2Kids, Sydney Children's Hospital (Randwick)	(02) 9382 1590	High Street Randwick NSW 2031
Kaleidoscope Paediatric Brain Injury Rehabilitation Team (John Hunter Hospital)	(02) 4925 7963	Kookaburra Circuit New Lambton Heights NSW 2305
<b>Community Services</b>	<b>Phone</b>	<b>Address</b>
South West Brain Injury Rehabilitation Service (Albury)	(02) 6041 9902	335 Reservoir Road Lavington NSW 2641
Southern Area Brain Injury Service (Goulburn)	(02) 4823 7911	PO Box 274 Goulburn NSW 2580
Illawarra Brain Injury Service	(02) 42238470	8 Eyre Pl, Warrawong NSW 2502
Mid Western Brain Injury Rehabilitation Program (Bathurst)	(02) 6330 5114	Heritage Building Bathurst Health Service Howick Street Bathurst NSW 2795
New England Brain Injury Rehabilitation Service (Tamworth)	(02) 6767 8350	Dean Street Tamworth NSW 2340
Mid North Coast Brain Injury Rehabilitation Service (Coffs Harbour)	(02) 6652 2856	39 Victoria Street Coffs Harbour NSW 2450

# Paediatric brain injury services in Victoria

Other nearby services (based in Victoria)	Phone	Address
<p><b>Victorian Paediatric Rehabilitation Service (VPRS)</b>  <i>Provide interdisciplinary rehabilitation for children with congenital, developmental, or acquired conditions that require rehabilitation. There are 8 sites across Victoria, the two covering North Victoria are:</i></p>		
<p><b>Goulburn Valley (Hume region)</b></p>	<p>(03) 5832 2322</p>	<p>Goulburn Valley Health            Graham Street            Shepparton VIC 3630</p>
<p><b>Bendigo (Loddon Malle region)</b></p>	<p>(03) 5454 6001</p>	<p>Bendigo Health            John Lindell            Mercy Street            Bendigo VIC 3550</p>
<p><b>Melbourne City Mission,            Statewide Paediatric ABI            Service</b>  <i>Assist those working or living with children and young people (aged 0-18 years) with an ABI.</i></p>	<p>1800 343 287            (Disability            Services            Intake)</p>	<p>Head Office:            164-180 Kings Way            South Melbourne VIC 3205</p>